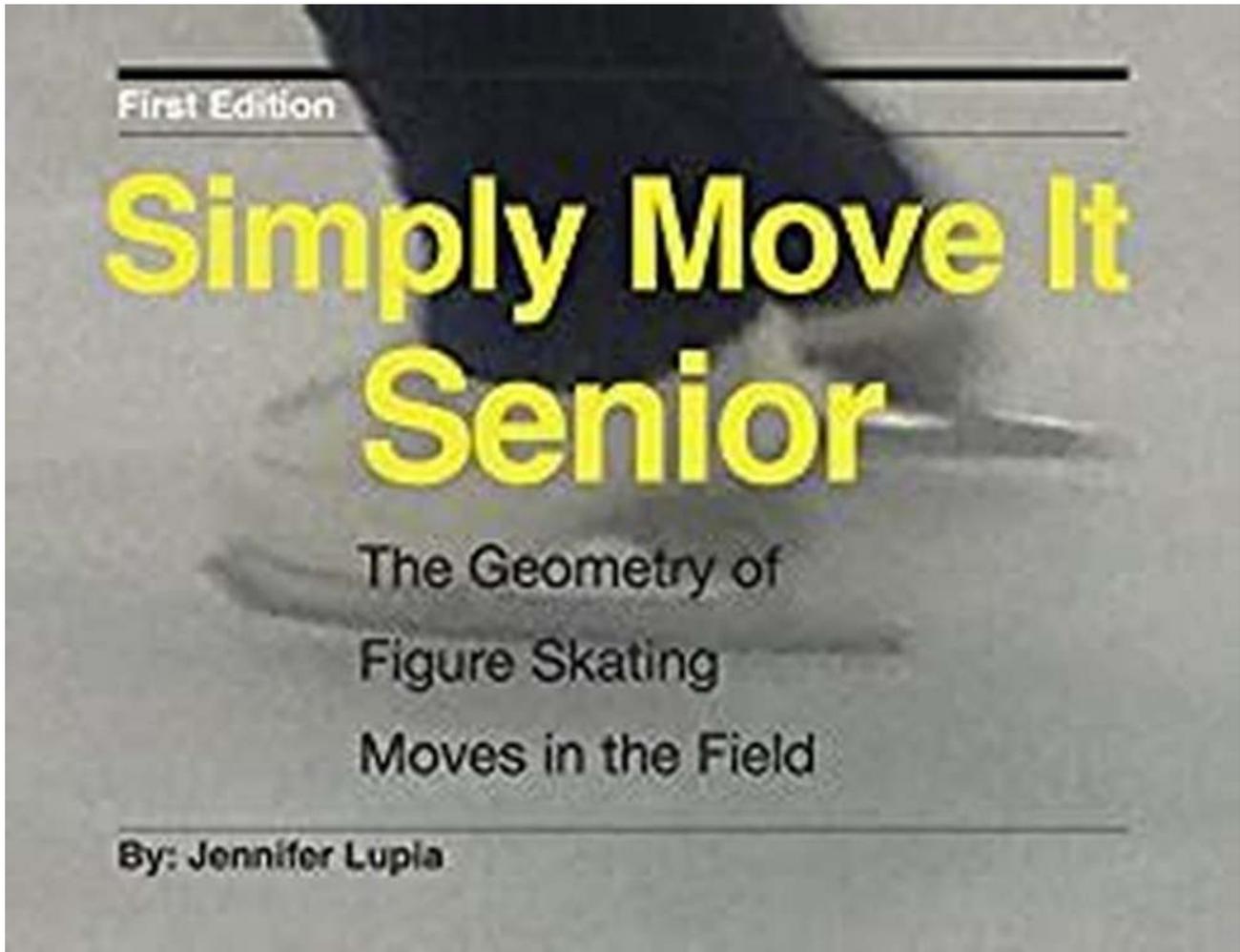


# Unlock Your Potential with the Workbook For Figure Skating Moves In The Field Made Simple



Are you an aspiring figure skater looking to take your skills to the next level? Do you find yourself struggling with moves in the field and not sure how to improve? Look no further! Introducing the *Workbook For Figure Skating Moves In The Field Made Simple*, a comprehensive guide designed to help you master the intricate footwork, turns, and transitions required to excel on the ice.

## Why Are Moves In The Field Essential?

Before we dive into the workbook, let's understand why moves in the field are so crucial for figure skaters. These exercises focus on core skating skills performed outside of specific jumps or spins. They help skaters improve their technique, timing, edges, and control over their body, leading to a refined and polished overall performance. Mastering moves in the field not only enhances a skater's technical abilities but also increases their artistry and presentation on the ice.



## Simply Move It Preliminary: A workbook for Figure Skating Moves in the Field, Made Simple

by Aaron Colombo (Kindle Edition)

★★★★★ 5 out of 5

Language : English  
File size : 5852 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 29 pages  
Lending : Enabled  
Screen Reader : Supported



### The Workbook: Unlocking Your Potential

The *Workbook For Figure Skating Moves In The Field Made Simple* is a step-by-step manual crafted by world-renowned figure skating coach, Emma Carter. With over 20 years of experience in training skaters of all levels, Carter has carefully curated this workbook to cater to beginners, aspiring competitors, and even seasoned professionals.

Featuring comprehensive exercises, detailed explanations, and insightful tips, this workbook breaks down each move in the field into manageable chunks. Whether

you are trying to perfect basic edges, progress to advanced turns, or integrate intricate transitions, Carter's workbook offers a systematic approach to help you master these skills.

## **What Sets This Workbook Apart?**

Unlike generic instructional manuals, the *Workbook For Figure Skating Moves In The Field Made Simple* takes a personalized approach. Each exercise is accompanied by descriptive illustrations and specific guidelines tailored to address common errors and challenges faced by skaters at different stages of their journeys.

Moreover, this workbook promotes self-assessment and self-correction, empowering skaters to take an active role in their own development. By encouraging personal reflection and analysis, Carter ensures that skaters not only grasp the technical aspects of each move but also foster a deeper understanding of their own unique style and strengths.

## **Long-Term Benefits**

The benefits of mastering moves in the field go beyond domination in competitions. Through consistent practice and dedication, skaters will notice improvements in their overall balance, strength, agility, and body control. The workbook's progressive nature allows skaters to keep challenging themselves, making it an invaluable resource for continuous growth.

Additionally, incorporating moves in the field into your training regime contributes to injury prevention. By refining their skating skills and body awareness, skaters can minimize the risk of accidents and enhance their resilience on the ice.

## **Take Your Skills To The Next Level**

Whether you are a recreational skater dreaming of perfecting your moves, an aspiring competitor looking to shine in the rink, or a seasoned professional wanting to refine your skills, the *Workbook For Figure Skating Moves In The Field Made Simple* is your ultimate companion for success. Unlock your potential and elevate your performance by mastering the moves that truly set you apart on the ice.

Order your copy of the *Workbook For Figure Skating Moves In The Field Made Simple* today and embark on a transformative journey that will take your figure skating skills to new heights!



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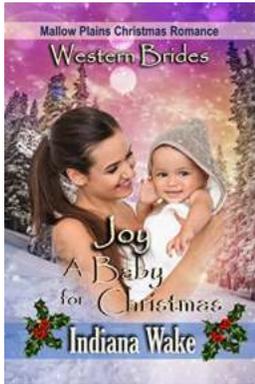
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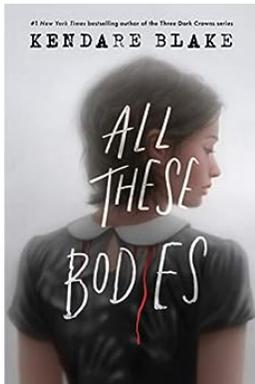


This workbook has all you need to know about skating every move in the field. It also has videos to help demonstrate terms and elements. Plus pages to draw on that break down each move that the skater can translate back onto the ice.



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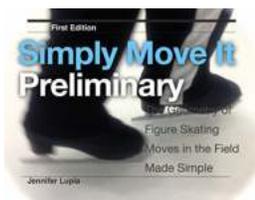
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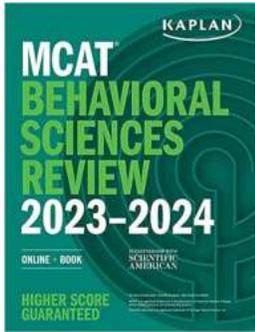
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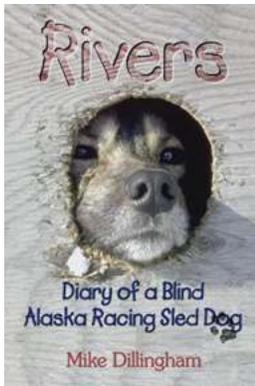
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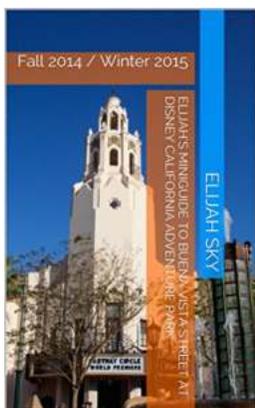
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